

Soundbite script – Is diet soda bad for you

Erin Wojewodzki, (Voya-vood-ski) APRN, nurse practitioner, OSF HealthCare

"I thought it was rather interesting, because when I did research on it, and looking into more medical articles and reliable sources, it actually found that it was inconclusive whether or not diet soda increased the risk." (:16)

Erin Wojewodzki, (Voya-vood-ski) APRN, nurse practitioner, OSF HealthCare

"We have to look at the patient as a whole. If you're essentially healthy but you like to drink 10 diet cokes a day, let's work together." (:09)

Nicole O'Neill, dietitian, OSF HealthCare

"I personally like the idea of a diet soda for a good majority of my patient population. So, if you can take a high-calorie regular soda and replace it with a non-calorie diet soda, it gives you a calorie deficit that leads to weight loss. One or two, I'm OK with that." (:28)

Erin Wojewodzki, (Voya-vood-ski) APRN, nurse practitioner, OSF HealthCare

"Diet does play a big role. Are we eating healthy? Are we eating out a lot? Are we eating fast food? Are we eating a lot of sugar, a lot of unhealthy food? We need to be taking care of our body and eating healthy and exercising as well." (:18)

Nicole O'Neill, dietitian, OSF HealthCare

"Most people want a diet soda with something like peanut M&Ms, pizza, a cheeseburger. If you're drinking a diet soda and it's just a drink, it's not a big deal. But if every time you have a diet soda, you want a bag of chips, I would say we need to talk about alternatives." (:20)

Nicole O'Neill, dietitian, OSF HealthCare

"We have to find alternatives, though, and it really is person specific. If you hate water, we were going to try some water flavoring. If you hate water flavorings, because it's also got some artificial sweetener in it, maybe we talk about fruit infusions or herbs or something, just to give your water flavor." (:22)